

“Julian Learns Respect” Worksheet

Who are some people you need to respect?

Three empty ovals arranged horizontally, each with a different color: purple, green, and orange. They are intended for the student to write the names of people they need to respect.

Who would you like to be more respectful to you? Why?

What is something respectful you can say to someone who is in charge of you, when they tell you what to do?

Why should we be respectful to adults?

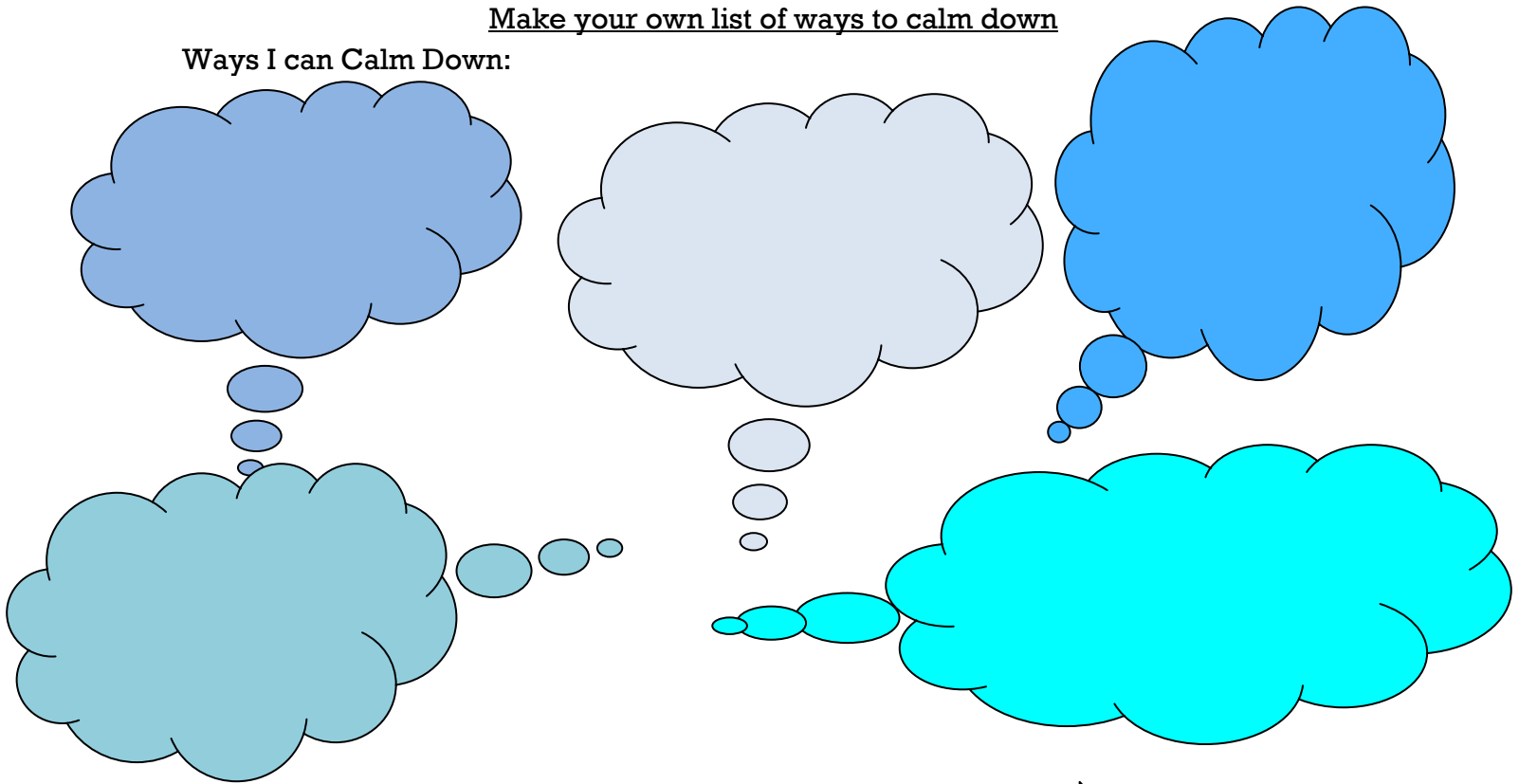
Draw a picture of you being respectful to someone:

A large empty rectangular box with a black border, intended for the student to draw a picture of themselves being respectful to someone.

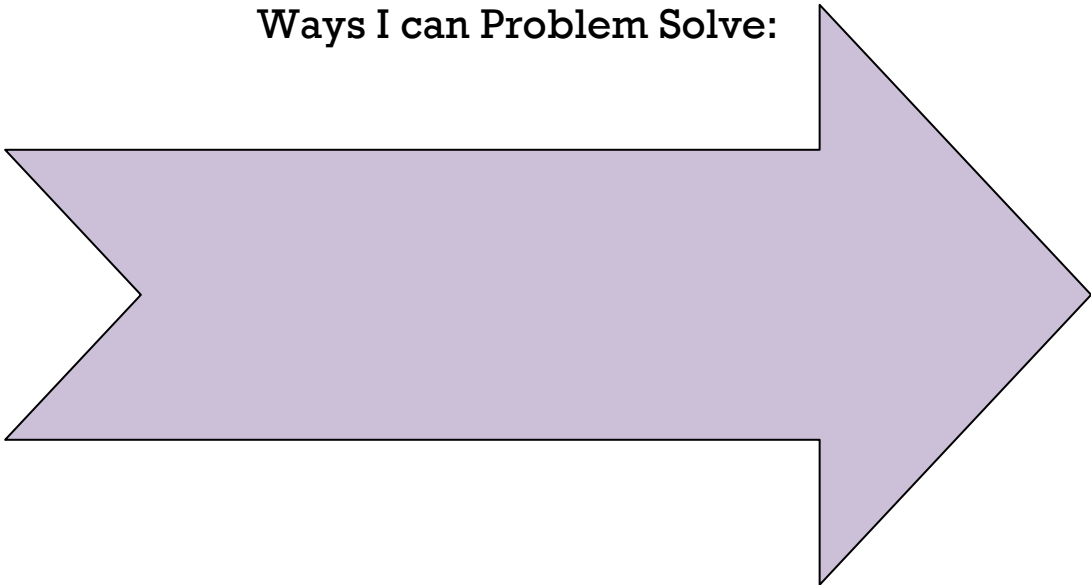
Julian's Anger Story

Make your own list of ways to calm down

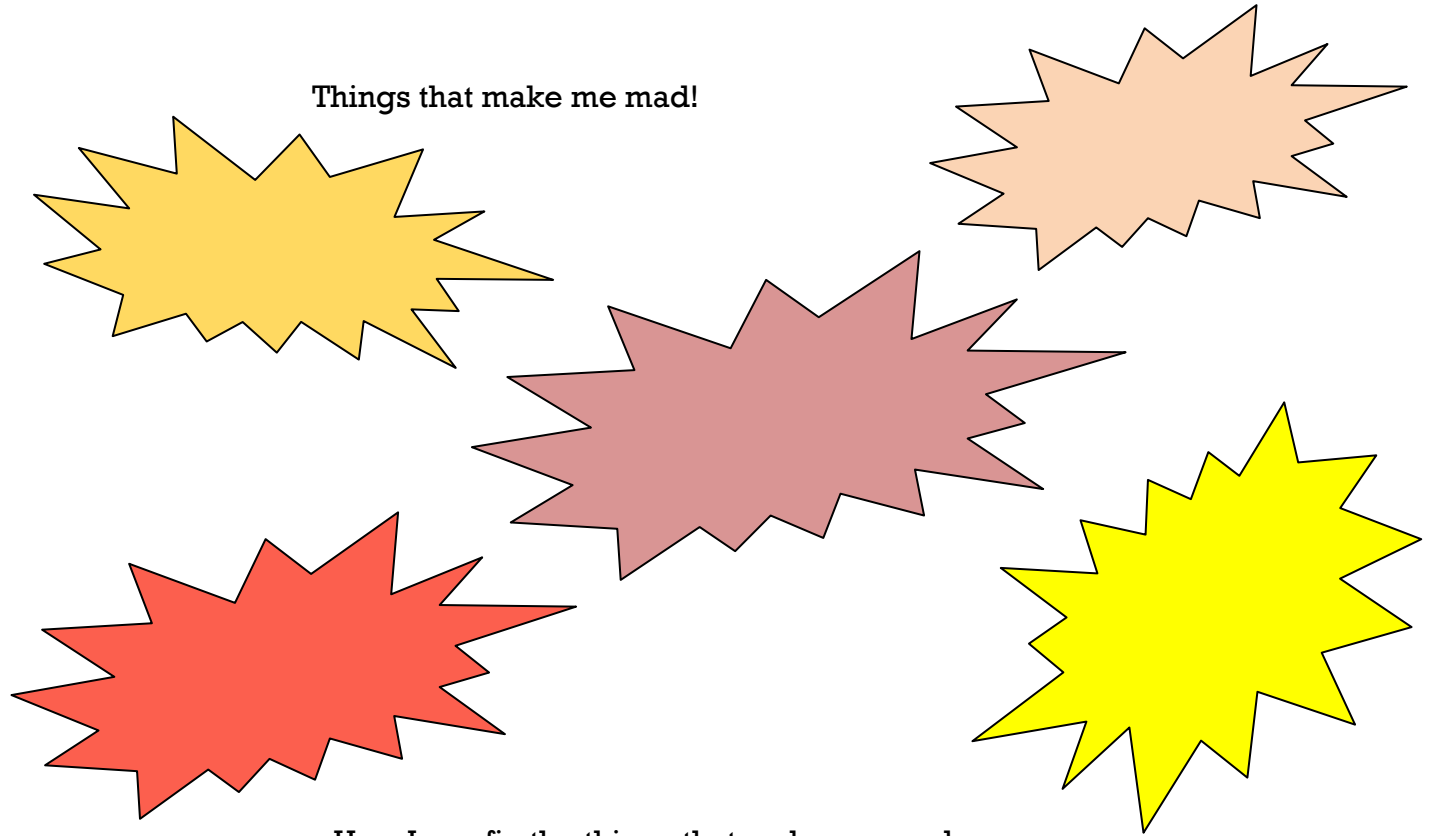
Ways I can Calm Down:



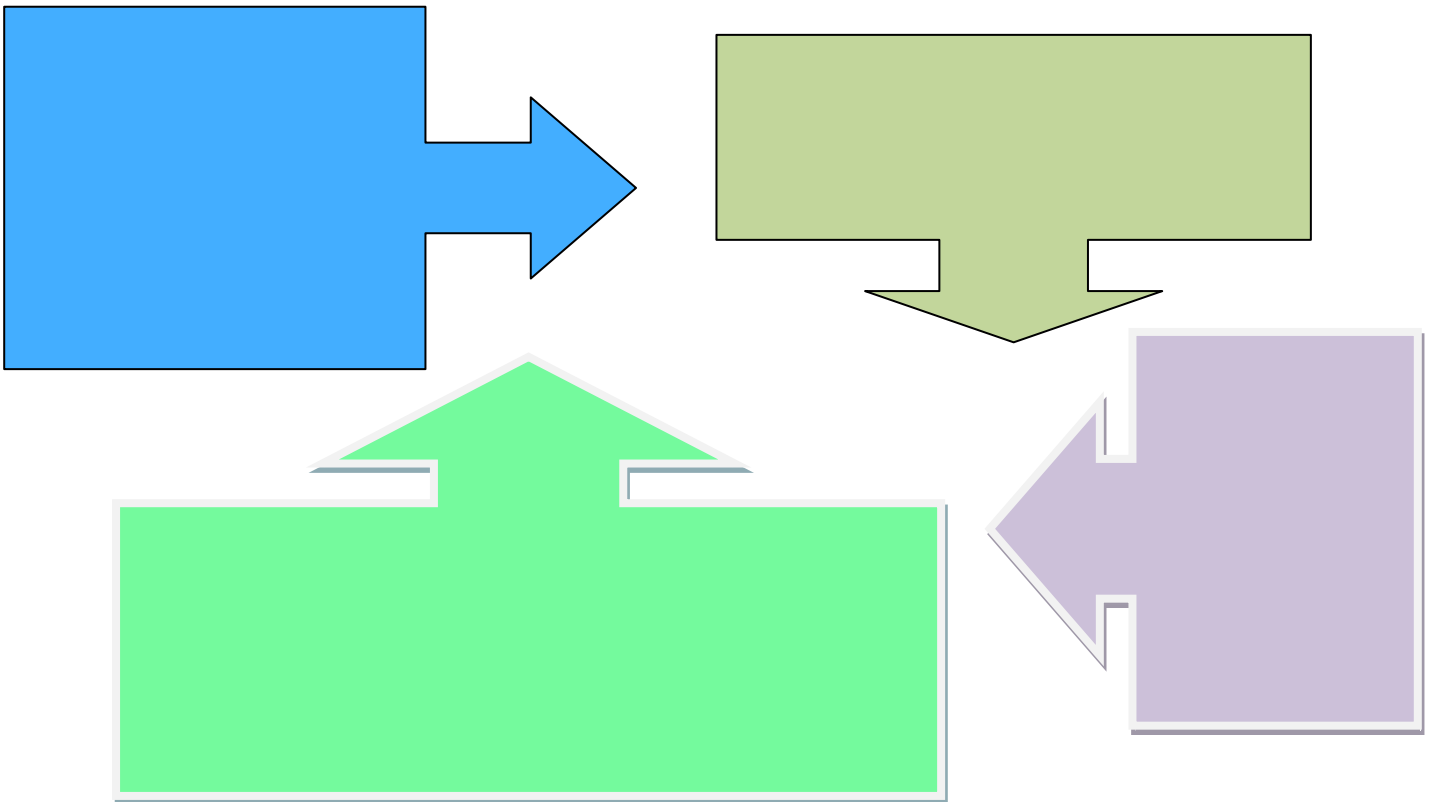
Ways I can Problem Solve:



Things that make me mad!



How I can fix the things that make me mad,
or handle the situation differently:



“Julian Learns” Series
Information for Parents and Teachers
by Patience Domowski, LCSW

Many children struggle with being respectful to adults, following directions, and managing their anger. This mini series teaches children, and their caregivers, how to handle their feelings and behaviors. While many children struggle with these things, a smaller number are actually diagnosed with Oppositional Defiant Disorder, Depression/Mood Disorder, or other related diagnosis. Whether your child is diagnosed or not, or meets criteria for diagnosis or not, this book series can be helpful in teaching some strategies for handling these behaviors.

There are plenty of books for parents on how to handle these issues, and a few books out there on handling anger for children, but hardly any on the exact disorder of “ODD”, despite the large number of children who struggle with this disorder.

ODD is often co-morbid with ADHD. There are plenty of books and material on handling ADHD and explaining that diagnosis to children and parents, but not as much written on handling ODD (in my experience). This book helps the child, and the parents/teachers, understand why the child struggles to much with following directions and resisting authority as well as some very helpful, practical strategies to overcome it.

Most children with ODD (and related disorders like ADHD and Conduct Disorder) are not internally motivated – that means they don’t intrinsically want to do better for that feeling of success or pride, or to do well to please their parents or teachers. Instead they are often only externally motivated- as in they will only comply if given something tangible that they want.

So it works best to set up a reward system to get them to do what needs to be done and use it until they no longer need the system. Young children can earn stickers, toys, candy, free time, electronics time, or choices. Teens can earn money, privileges, outings, choices, clothing, phone, etc. Ask your child what they want to work for and tailor their reward system to what they are interested in and want to earn. There are plenty of free printable behavior charts online that you can find to use, or make your own.

Besides using these stories with your child, getting some help from a behavioral therapist can be very beneficial not just to your child, but also for the parents to learn helpful suggestions on handling the child’s behavior, specific parenting techniques, and learning coping strategies for both child and parents. Often parents need to handle children with these issues differently than other types of children and a good behavioral therapist can be beneficial. Ask your child’s guidance counselor, pediatrician, or insurance provider for a referral. A behavioral therapist can help figure out the diagnosis as well as provide therapy and resources.

“Julian Learns” Series book includes 3 stories: Julian Learns Respect, Julian’s ODD Behavior, and Julian’s Anger Story. “Julian Learns” is available on Amazon.com